



The full moon is when we have a full frontal view of the reflected moon. It appears round and completely illuminated.

The full moon represents completion, or the height of our personal power and strength.

It represents our peak desires, peak clarity, vidya—clear seeing, and enlightenment.

The full moon offers us a way to note the passage of time and natural celestial rhythms.

The full moon is a time to offer gratitude to our manifestations, growth, and plans during the past lunar cycle.

It is a time to bask in the beauty of life and honor all that we have and all that we are.

The full moon is cleansing. It is a time to let go of that which is not serving you or others. It is a time to wash away- to bath in the full moon, to cleanse crystals and belongings in the light of the moon. It is a time to forgive.

It is a time to make moon tea, to capture the essence and energy of the moon.

Oils for the full moon: lemongrass (cleansing), cypress (flow), frankincense (spiritual truth), thyme (releasing, forgiving)

Herbs for the full moon: Jasmine, Rosebuds, Rosehips, Anise Star, White Peony



Dark Moon Flow

Mudras

Alapadma Mudra

Padma Mudra

Yoni Mudra

Pranayama

Chandra Pranayama — left nostril inhale, right nostril exhale

Seetali Pranayama

Nadi Shodhana

Kumbhaka—hold in inhalations

Asana

More open hearted backbend focus

Chandra Namaskar—lunge variations

Standing backbends

Peaceful Warrior

Half Moon

Low lunge—lizard variations

Fallen Triangle

Camel

Upavista

Suppta Baddha Konasana

Meditations: Fullness, Gratitude, Hamsa breath